

## ABSTRACT OF THE DISCLOSURE

An adaptive recording method and apparatus for optimizing power of a laser diode is provided. In a method for optimizing read power, peak power and bias power for overwrite pulses and supplying the same to the laser diode, the adaptive recording method includes the steps of discriminating the mark size of input NRZI (Non Return to Zero Inversion) data, and varying power of the overwrite pulses in accordance with the discriminated mark size.